

Amendments to the claims

1 - 23. (Cancelled)

24. (New) An exercise device comprising:

a base;

a first arm, pivotally mounted to said base at a first point and having a first foot pad spaced apart from said first point and operatively connected to said first arm such that said first foot pad is disposed to move in a first arcuate path in a substantially vertical plane about said first point;

a second arm, pivotally mounted to said base at a second point independent of said first point and having a second foot pad spaced apart from said second point and operatively connected to said second arm such that said second foot pad is disposed to move in a second arcuate path in said substantially vertical plane about said second point; and

means for providing resistance to the motion of said first foot pad and said second foot pad.

25. (New) The device of claim 24 wherein said means for providing resistance only provides resistance to the motion of said first foot pad when said first foot pad is moving in said first arcuate path towards said base and said means for providing resistance only provides resistance to the motion of said second foot pad when said second foot pad is moving in said second arcuate path towards said base.

26. (New) The device of claim 25 further comprising means to bias said first foot pad to return along said first arcuate path away from said base and means to bias said second foot pad to return along said second arcuate path away from said base.

27. (New) The device of claim 24 wherein a hand grip is attached to and spaced apart from said base, said hand grip providing a balancing support for a user of said device.

28. (New) The device of claim 24 wherein a first base plate is pivotally mounted to said first arm and said first foot pad is secured to said first base plate and a second base plate is

pivotally mounted to said second arm and said second foot pad is secured to said second base plate.

29. (New) The device of claim 28 wherein a first link member is positioned to extend from said first base plate to said base, said first link member being pivotally secured to said base and said first foot pad, said first link member acting to maintain said first foot pad at a first desired angle as said first foot pad travels through said first arcuate path; and

wherein a second link member is positioned to extend from said second base plate to said base, said second link member being pivotally secured to said base and said second foot pad, said second link member acting to maintain said second foot pad at a second desired angle as said second foot pad travels through said second arcuate path.

30. (New) The device of claim 29 wherein both said first desired angle and said second desired angle are from about 10° to about 20° with respect to a surface upon which said exercise device is positioned.

31. (New) A method of exercising comprising:
providing an exercise machine including:

a first arm, pivoting at a first point and having a first foot pad spaced apart from said first point and operatively connected to said first arm such that said first foot pad is disposed to move in a first arcuate path in a substantially vertical plane about said first point; and

a second arm, pivoting at a second point independent of said first point and having a second foot pad spaced apart from said second point and operatively connected to said second arm such that said second foot pad is disposed to move in a second arcuate path in said substantially vertical plane about said second point;

placing a foot on each of said first foot pad and said second foot pad;

performing a side-to-side stepping motion by pushing down on said first foot pad and said second foot pad in sequence; and

having said side-to-side stepping motion be resisted by said exercise machine.

32. (New) The method of claim 31 wherein said side-to-side stepping motion is substantially perpendicular to the motion experienced when walking or running.